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H&M

Elk Island Public Schools change kindergarten age

December 31. Do children who begin school at an older age do better?



The president of the Alberta School Board Association says school districts across the province may re-examine their kindergarten entrance age after Elk Island Public Schools announced changes to their policy.

On Tuesday, the school district, located east of Edmonton, announced that beginning in the 2014/2015 school year, children will have to be five years old on or before Dec. 31, instead of March 1, of the given school year to be eligible to start kindergarten.

"It's very possible that other school boards may follow suit," said Jacquie Hansen, president of the ASBA.

Hansen said while there are always exceptions to the rule, research tends to support a Dec. 31 entrance age.

"We do have pretty good research in education saying kids born in the later part of

Quoted

"The challenges faced by the teacher becomes greater when the age span of the students increase."

Mark Ramsankar, president of the Alberta Teachers' Association

the year don't do as well as the kids born in the earlier part of the year," she said.

In a release, Elk Island Public Schools stated the decision stems from evidence that children who begin school at an older age "perform better at the start of school, have a significantly higher rate of literacy development, and show greater improvement over the course of their years of schooling."

"This change to our kindergarten entrance age cutoff will help us provide the
best start possible for children just beginning their
education," said associate
superintendent of instructional services Eileen Zimmerman in the release.

Mark Ramsankar, president of the Alberta Teachers' Association, said the association wants a standardized Dec. 31 kindergarten cut-off for all school boards across the province.

"Our encouragement in this case is consistency for students," he said.

Ramsankar said he believes Elk Island is "getting it right" by moving their enrolment date to Dec. 31 and said the new entrance age is good news for students and eachers.

"The challenges faced by the teacher becomes greater when the age span of the students increase," he said.

Every school district in the province is responsible for setting its own kindergarten entrance age. Twenty-six of the province's 62 school boards use Dec. 31 as the cut-off for kindergarten enrolment.

At both Edmonton's public and Catholic school district, children who are four years of age on or before March 1 may register in Kindergarten for the upcoming school year.

Edmonton Public Schools spokesperson Jane Sterling and Dana Prefontaine, spokesperson for Edmonton Catholic Schools, each said on Tuesday that their districts have no plans to change their kindergarten entrance



TAKE THE REINS

James Retter Duncan is the puppeteer behind the head of Joey in the Broadway Across Canada production of War Horse, in town at the Jubilee until Sept. 22. Story, page 4. LUCY HAINES/FOR METRO



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metronews.ca Wednesday, September 18, 2013

Man pleads guilty to crash that killed girl



A man has pleaded guilty to criminal charges after his minivan plowed through the wall of a rural Alberta school and killed an 11-yearold girl.

Richard Edward Benson pleaded guilty earlier this month in St. Paul court to one count of criminal negligence causing death and two counts of criminal negligence causing bodily harm.

The 47-year-old, who re-

mains in custody, has not yet been sentenced and is to appear again in court on Nov. 14.

Benson's family said earlier that he had a history of seizures and was likely having an attack when he was behind the wheel on Oct. 25,

Witnesses said the van was heading down a back alley before it smashed through a fence and then a

window, diving into a lowerlevel classroom just after the Grade 6 French class had started for the day.

The van sent students and desks flying as it spun around and pinned three girls underneath it.

The girls were airlifted 200 kilometres west to a hospital in Edmonton where one of them, Megan Wolitski, died the next day. THE CANADIAN PRESS

20th charge this year

Edmonton mom charged after leaving kids alone in vehicle

Edmonton police have laid 20 charges — includ-ing three criminal charges - this year in connection to children being left alone in vehicles.

The most recent incident happened on Monday when a 37-year-old woman left her children, aged two and nine, alone in a vehicle watching a DVD while she went grocery shopping.

The children were left alone outside a store at 28 Avenue and 66 Street for more than 30 minutes, said EPS spokesperson Clair Seyler. The mother was charged with willfully causing a child to be in need of intervention under the Child Youth Family Enhancement Act.

The incident marks the fourth time in six days police have laid similar charges.

On Saturday, a 59-yearold grandfather was criminally charged after an 11-month-old boy was found alone in a vehicle at an Edmonton dog park. ANNALISE KLINGBEIL/METRO

Councillors approve revitalization levy

Election politics.

Candidates spar over downtown arena levy



TUMILTY

Arena politics were front and centre Tuesday as city councillors approved the downtown community revitalization levy (CRL).

Two councillors, including Coun. Kerry Diotte, voted against the levy. Diotte said the revenue the levy is projecting is too optimistic.

"I think all the estimates are guesstimates," he said. "If you took a deal like this to the bank they would laugh you out the door."

Mayor Stephen Mandel took exception to those comments and said he was disappointed with how the arena was still being debated in public.

"If I could have this deal I could take it to any bank in the world and get it financed," he said.

Coun. Karen Leibovici challenged the CRL's opponents to think about the



other projects it would fund.

"The facts are if we don't have the CRL and it doesn't come from property taxes, how do we pay for these things we want to see downtown?" she said.

Coun. Don Iveson also said it's important to remember the CRL builds a lot more than a hockey rink.

"It is an innovative and

responsible means to build all of downtown, not just the arena," he said.

The arena is expected to open in time for the hockey season in 2016.



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War Horse actors breathing life into the beast on stage

Jubilee Auditorium.

Puppeteers bring horse to life in powerful story

HAINES

Imagine carrying some 300 pounds on your back for more than 2 hours at a time — galloping, snorting and carrying a rider — just like a horse.

Now do that not just once, but for 300 shows this year: that's the life of puppeteers and actors playing Joey, the central character in War Horse, a Broadway Across Canada production now in a one-week run at the Jubilee Auditorium.

While the story focuses on young Albert and his horse, Joey in pre-First World War England, for the actors it's an immersion in puppeteering and a workout like no other. Three-person teams of performers play the head, heart and hind of Joey and thoroughbred Topthorn, moving head, ears, body and tail of the animal in harmony - plus breaths, neighs and whinny sounds it's a feat the actors say they're proud of.

"We try to disappear on stage — it's not about us," said James Retter Duncan, who plays the head. "Within minutes of the show starting, the audience can't help but believe the horse is real. It's an amazing experience."

native-Edmontonian Dayna Tietzen, who also inhabits Joey and Topthorn, playing War Horse in Toronto and now in the national tour is a

"My parents will watch me opening night in Edmonton, and I'll be a Joey," said Tietzen. "I'm so lucky to be where I



Little house on the prairie may become mosque



tre will open in the Ellerslie area after city councillors gave their blessing Monday night.

The proposed prayer in the Wernervcentre, ille neighbourhood, will start by using a house on the three-acre property for prayer services, but the community would even-tually like to build a new mosque on the site.

City administration had

recommended against the change and several community members voiced concerns about noise and traffic, but councillors approved the project.

Syed Soharwardy, with the Islamic Supreme Council of Canada, said he was pleased city councillors were able to approve the development.

"The Muslim population is growing in the Ellerslie area and there are mosques,

that is why we desperately need a mosque in the Ellerslie area," he said.

Soharwardy, said he understand concerns from residents.

"These are valid concerns if I was in the neighbourhood I would raise the same concerns," he said.

He added that they intended to do everything possible to make themselves part of the commun-

"We will work with our neighbours and make sure that we keep them happy and live as good neighbours," he said.

RYAN TUMILTY/METRO



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Thumbs up: Recycling a rousing success



Started in 1988.

Back when George Michael's Faith was dominating airwaves, Edmonton got citizens to believe in blue bins

There's no point in being mod-

est about it — Edmonton is celebrating a quarter century of recycling, and what Mayor Stephen Mandel calls "one of the best waste-management programs in the world."

City fathers joined Grade 6 students from St. Catherine's School at City Hall Tuesday for cake and kudos, and to thank Edmontonians for their ongoing participation in its three

residential recycling programs (blue box, blue bin — for multifamily units — and depots).

In 1988, the city was the

In 1988, the city was the first major one in Canada to introduce curbside recycling. Edmonton now has 20 recycling and eco-depots around town and a blue-bag program that diverts 20 per cent of residential waste from the landfill

"Participation is about 90 per cent," said Leo Girard, acting manager for the city's waste management services. "We've got great commitment and enthusiasm, but there's still room to grow." Girard said efforts to engage schoolchildren through recycling programs for Grade 4 and Grade 9 students translates into the same behaviour at home.

"I recycle all my Coke and water bottles," said Grade 6 student Liwam Gaim. "I'd never throw that in the garbage."

For his leadership over a decade of recycling in the city, outgoing mayor Mandel accepted a chandelier made of recycled plastic pop-bottle bottoms. "Now I need a new office to put it in," he said.

LUCY HAINES/FOR METRO



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Rock the vote. Next Gen aims to get young people out to the voting booth

Edmonton's Next Gen committee wants the city to better engage with young people and the city is planning to start with the coming municipal election.

The city will open advanced voting stations at city recreation centres and at post-secondary campuses, all in an effort to drive up the anemic voting rates among youth. The changes come as the Next Gen group is encouraging the city to do more to engage.

Alayne Sinclair, the city's clerk, said they are trying to get more youth to the polls, because ultimately they want everyone to vote.

"My job is to make sure that I reduce all the barriers to voters, so voters have an opportunity to get in to vote," she said.

The Next Gen report recommends the city do more to engage with youth above and beyond the election season.

Brian Murray, the civic cochair for the Next Gen committee, said it's about showing youth they have a place in the city.

"The city as an organization does need to meet young people in a manner that is going to allow them to contribute in the way they want to contribute," he said.

RYAN TUMILTY/METRO



Brian Murray, civic co-chair of the Next Gen committee, speaks during the committee's launch of a report on how the city can do a better job engaging with youth. BYAN TUMULTYMETRO

Fort Saskatchewan

Fourth guard fired after job action at jail: Union

The Alberta Union of Provincial Employees says a fourth guard involved in job action earlier this year at an Edmonton-area jail has been fired

The dismissal comes after three other guards who worked at the Fort Saskatchewan Correctional Centre northeast of the city were dismissed over the summer.

The job action, which spanned five days, started

April 26, when guards at the Edmonton Remand Centre refused to report for duty over health and safety concerns at the new facility.

It then spread to other worksites around Alberta.

Guy Smith, president of the AUPE, says in a release that the dismissal is a betrayal of a provincial government promise not to seek retribution against members who took part in the strike.

The union says it's grieving all four dismissals and will seek arbitration, as well as pursue legal action against the government.

THE CANADIAN PRESS

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Wednesday, September 18, 2013

Special delivery. Drugs, weapons arriving in Canada through the mail

Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report.

Counterfeit items — from fake Olympic hockey sweaters to bogus passports — as well as drugs such as cocaine and heroin are also arriving in the country through Canada Post, says the report.

It calls for greater collaboration between police and postal officials to detect suspect parcels, noting legislation limits the ability of police to search and seize mail.

"There is a diverse range of contraband goods being shipped through the Canadian postal system, some of which pose a risk to the safety of Canadians," says the November 2012 report, which draws

on information from more than a dozen police forces and Canada's border agency.

Handguns, ammunition, brass knuckles, body armour, hand grenades, stun guns and signal jamming devices are being shipped to Canada from abroad, says the report.

"In one instance, a rocket launcher was even found entering through the mail."

The report, prepared by the RCMP's criminal intelligence section for the organized crime committee of the Canadian Association of Chiefs of Police. helped substantiate what chiefs across the country had been hearing anecdotally, said Bruce Herridge, deputy chief of York Regional Police in Ontario and co-chairman of the committee.

"There's probably more of this going on than we're aware of."

THE CANADIAN PRESS

B.C. Kids' watchdog says it's a miracle abused girl branded 'evil' survived

British Columbia's children's watchdog says a girl who was nearly starved to death endured 18 months of horrific abuse after being branded an 'evil child" at her grandfather's home in Saskatchewan.

Mary Ellen Turpel-Lafond made the comments Tuesday as she released a report examining the tragic treatment of a three-and-a-half-year-old aboriginal girl who was moved from B.C. to Saskatchewan, where her mistreatment continued.

Turpel-Lafond said policies and standards for placing vulnerable children in homes across Canada must undergo reviews to better support the needs of kids and families.

She said Children's Ministry officials should have known better than to place the girl with a man who was known as a poor and abusive parent.

"This child's best interests were never taken seriously, and as a result she was left in a dangerous situation, severely traumatized and emotionally and physically injured."

She said it's a miracle the girl, who now is eight years old, survived her mistreatment.

THE CANADIAN PRESS

Former Saint Mary's student returns degrees

Frosh week pro-rape chant.

Calgary businessman urges president to step down to help repair 'damaged reputations'



HALEY RYAN Metro in Halifax

In the cool air of Tuesday morning, Daren Miller leaned his two degrees from Saint Mary's University against the fence around the former Halifax Infant's Home and walked away.

Miller, a chartered financial analyst living in Calgary, flew to Halifax to return his Bachelor of Arts and Bachelor of Commerce degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

video during frosh week.

Hundreds of first-year
students were led in a chant
spelling out "young," with
lines like, "U is for underage,
N is for no consent."

Saint Mary's registrar Paul Dixon greeted Miller and accepted the degrees after they were placed against the fence.

"I feel very sad having done it. It represented five years of extremely hard work," said Miller, who graduated in 1995.

The degrees will also be removed from his resumé, Miller said, because he wanted to distance himself from the culture of misogyny at the university.

Miller called for Saint Mary's president Colin Dodds to step down on Tuesday, and



have the school hire someone with experience handling "damaged reputations," saying a culture shift can only happen with "change at the top."

top."

"The university respects his right to protest," said university spokesperson Steve Proctor, who added Miller had turned down Dodd's invitation of a private meeting.

Miller said despite his own feelings, turning over the degrees was also to stand with those who feel "marginalized" at Saint Mary's, and with victims of sexual abuse across the country.

"For me, this will go away," Miller said. "For ... someone who has been abused, that will live with them their entire lives."

Miller said he is "under no illusion" that rape jokes and sexist behavior are just a Halifax problem.

"My idea of Canada does not include this rape culture. I was absolutely shocked to see something like this in 2013," Miller said. "I think men need to understand, particularly on a campus scene, that no means no."



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Q&A

'Stepping stone to the presidency'



How important is the mayor of Paris?

The answer is related to how important Paris is in

France. Being Mayor of Paris means managing 2.2 million inhabitants including 50,000 civil servants, and heading a budget of 8 billion euros. Since Jacques Chirac, the position of mayor of Paris is considered a stepping stone to the presidency.

Will this election have an

effect on French politics?

It's a way of weighing in on national policies: Support (if the left wins) or disagreement (if the right wins) towards the government. If NKM wins, she'll be seen as a leader of the future.

Is there too much focus on

the all-female aspect of the race?

This takes attention away from Parisian problems such as pollution, housing, jobs and traffic. But this is not new.

ELISABETH BRAW/
METRO WORLD NEWS IN LONDON

All women in Paris mayor race

Vote. Paris is gearing up for a historic all-female election for mayor — one of France's most powerful positions



ELISABETH BRAW

Before being elected president of France, Jacques Chirac was mayor of Paris. That illustrates the power of the post. And as the current mayor, socialist Bertrand Delanoë, prepares to step down, the race to succeed him is heating up.

It's attracting more attention than usual as all the candidates are women. Polls place Delanoë's deputy, Anne Hidalgo, as favourite. But neck-and-neck is Nathalie Kosciusko-Morizet, a 40-year-old ex-minister in Nicolas Sarkozy's cabinet. Rounding out the power trio is Green leader Cécile Duflot, a minister in François Hollande's cabinet. Rachida Dati, Sarkozy's glamorous former justice minister, has dropped out of the race.

Hidalgo, 54, suggests that the all-female race — the firstever for a major political post in France — is no big deal. "Parisians love being one step ahead," she tells Metro.

Because the mayoral seat is considered one of France's most powerful offices — a springboard to the presidency — this election, due in March 2014, is unique. "This race is unusual because the candidates are not household names," explains Philippe Marlière, a professor of French politics at University College London.

"Hidalgo is seen as a good manager, but she's neither well-known nor charismatic. But many famous names were already in major posts, and when it became clear that Hidalgo would run, the conservative UMP party picked Kosciusko-Morizet — also lesser-known."

As the election campaign starts, voters can expect the temperature to rise. Hidalgo's supporters see NKM's upperclass background as a liability, whereas NKM's team will brand Hidalgo a tired Paris City Hall insider. Chirac's wife,

The key players



Anne Hidalgo

Deputy mayor of Paris PS (Socialist Party) **Known as:** Life-long socialist **Age:** 54

Nathalie Kosciusko-Morizet

Ex-minister under Sarkozy's UMP party **Known as:** Upper-class **Age:** 40



Cécile Duflot

Minister of Housing Green Party Known as: Chic green revolutionary Age: 38



Bernadette, who supports her fellow conservative NKM, has already taken to calling Hidalgo "that woman with the dark hair," casting aspersions on the deputy mayor's Spanish roots.

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metronews.ca Wednesday, September 18, 2013

PQ opens the door to 'improving' religion plan

Debate over minority rights. Government says it will potentially amend plan before it's tabled as a bill this fall

The Parti Quebecois says it could amend its controversial values charter based on public input it receives before submitting the minority-accommodation plan to the legislature.

The comments come one week after the release of the PQ government's proposals, which has touched off an acrimonious debate on minority rights.

That promise to listen, and potentially amend the religion plan before it's tabled as a bill this fall, echoes statements from the PQ during the summer.

"We're looking at ways to improve the proposal," said Quebec's minister responsible for Montreal, Jean-Francois Lisee, on Tuesday.

"We're listening. It's been

less than one week, we're asking people to participate and we'll take these into consideration."

He offered no details on what the potential changes might look like.

Because the current plan has no opposition support the minority government could either water it down, split it in half or preserve the entire thing for use in an election campaign.

As it stands, the government is still defending the plan in its current form. Lisee called it "modern and progressive" and on Tuesday compared the wearing of religious garb to political slogans — which is forbidden for public servants.

"We have already established (public servants') neutrality for other beliefs," Lisee said.

"Individual freedom to tell the world that they are pacifist or environmentalist or vegetarian or in favour of oil sands stops at the Quebec public service's door."

Lisee said the same actors

Proposal

Plan losing support: Poll

The PQ wants to forbid public employees from wearing visible religious symbols including hijabs, turbans, yarmulkes and larger-than-average crucifixes.

A poll this week suggests the plan has the support of most Quebec francophones, but that the support levels have dropped considerably.

THE CANADIAN PRESS

who were opposed to Bill 101— the province's landmark language law— are now making similar arguments against the charter. The PQ has even run an interactive game on its website on that theme, playfully comparing 1977 media headlines to current ones.

THE CANADIAN PRESS



All-nations canoe gathering to educate public about residential schools

Members of the Squamish Nation paddle a traditional canoe on False Creek during an all-nations canoe gathering, held as part of Reconciliation Week in Vancouver on Tuesday. The Truth and Reconciliation Commission of Canada is holding the event from Sept. 18 to 21. The commission was formed by the Canadian government with a mandate to learn the truth about what happened in the residential schools and to inform the public.

DARBYL DYCK/THE CANADIAN PRESS

D.C. Navy Yard gunman heard voices: Officials

The former Navy reservist who killed 12 people at the Washington Navy Yard had been hearing voices and was undergoing treatment in the weeks before the shooting rampage, but was not stripped of his security clearance, officials said Tuesday.

Aaron Alexis, a 34-yearold information technology employee with a defence contractor, used a valid pass to get into the highly secured installation Monday morning and started firing inside a building, the FBI said. He was killed in a gun battle with police.

The motive for the mass shooting — the deadliest on a military installation in the U.S. since the attack at Fort Hood, Texas, in 2009 — was a mystery, investigators said.

U.S. law enforcement officials told The Associated Press that there was no known connection to terrorism and that investigators have found no manifesto or other writings suggesting a political or religious motive.

Alexis had been suffering a host of serious mental problems, including paranoia and a sleep disorder, and had been hearing voices



in his head, according to the officials, who spoke on condition of anonymity because the criminal investigation

was still going on.

He had been treated since
August by Veterans Affairs,
the officials said.

The Navy had not declared him mentally unfit, which would have rescinded a security clearance Alexis had from his earlier time in the Navy Reserve.

The assault is likely to raise more questions about the adequacy of the background checks done on contract employees and others who are issued security clear-

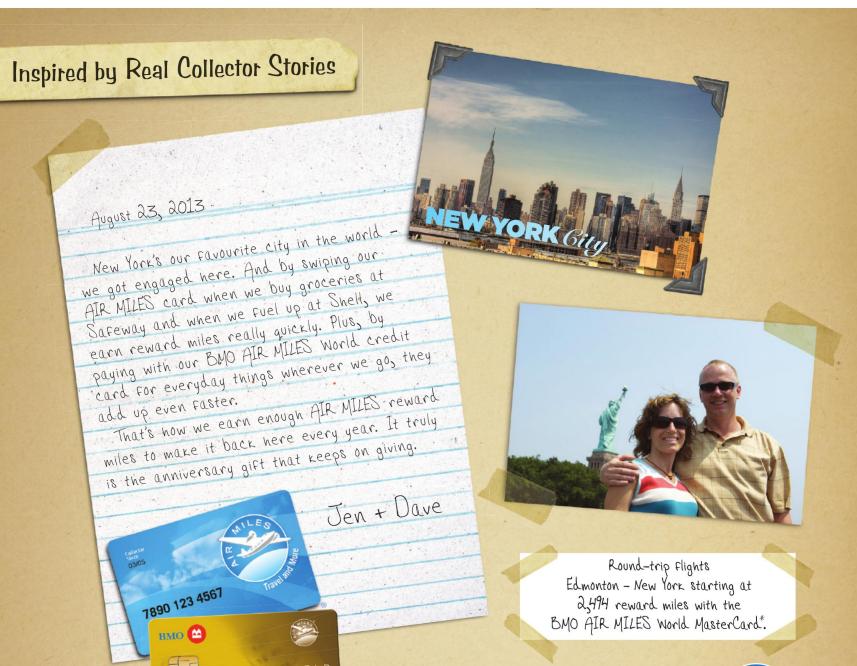
ances — an issue that came up most recently with National Security Agency leaker Edward Snowden, an IT employee with a government contractor

Navy Secretary Ray Mabus ordered two security reviews Tuesday to look at how well the Navy protects its bases and how accurately it screens its workers. A senior defence official also said Defence Secretary Chuck Hagel intends to order a review of physical security and access at all department installations worldwide.

In the hours after the Navy Yard attack, a profile of Alexis began coming into focus.

A Buddhist convert who had also had flare-ups of rage, Alexis, a black man who grew up in New York City and whose last known address was in Fort Worth, Texas, complained about the Navy and being a victim of discrimination. He also had run-ins with the law over shootings in 2004 and 2010 in Texas and Seattle, and was ticketed for disorderly conduct after being thrown out of a metro Atlanta nightclub in 2008. The ASSOCIATED PRESS





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metronews.ca Wednesday, September 18, 2013 metr⊕ **BUSINESS**

Victims' families fight committee's quest for standing

Lac-Mégantic disaster.

U.S. bankruptcy trustee says all creditors are already represented at MMA proceedings

The families of some victims of the deadly rail crash in Lac-Mégantic are opposing a Quebec committee's quest for official standing at Montreal Maine & Atlantic's bankruptcy proceedings in the United States.

The estates of 18 victims of the July 6 derailment and explosion told a U.S. court in Maine that they object to the Quebec group's efforts to be appointed as an official creditors' committee to represent the provincial government, the municipality and some wrongful death and personal injury claimants, along with those that sustained



property damages.

Trustee Robert Keach says the appointment is unnecesbecause he represents the interests of all creditors, including the victims of the derailment and those who filed class-action suits in Illinois. He adds that recognizing the committee would increase costs and "sap what limited resources of the debtor exist.'

THE CANADIAN PRESS

Most likely to give you malware

English actress Lily Collins attends the premiere of The Mortal Instruments, City of Bones on Aug. 22 in Madrid. If you're curious about Lily Collins and head to the Internet to find out more, beware: McAfee has ranked the actress as the most dangerous celeb to search for online. Searches for Collins posed the biggest risk of landing on a malicious site, according to the computer security company; last year Emma Watson topped the list. A person could be led to malware after doing a general search and clicking on dubious links, but risks increased when searchers added phrases like "free apps" or "nude photos." ABRAHAM CARO MARIN/THE ASSOCIATED PRESS

Celebrity spokescat

Shut up and eat the kibble: Grumpy Cat gets food deal

It probably won't affect her mood, but Grumpy Cat now has an endorsement deal. The frown-faced web sensation, real name Tardar Sauce, is now the "spokescat" for a Friskies brand of cat food, Nestle Purina Pet-Care said Tuesday. Photos of Grumpy Cat, her brown and white face in a constant scowl, are a constant presence on social media.

THE ASSOCIATED PRESS Market Minute



DOLLAR 97.13¢ (+0.28¢)



12,834.11 (+17.23)



OIL \$105.42 US (-\$1.17)



OCTOBER 4 - 6

\$1,309.40 US (-\$8.40)

Natural gas: \$3.73 US (-1¢) Dow Jones: 15,529.73 (+34.95)

Publishing

Penthouse owner files for Ch. 11

FriendFinder Networks Inc., the owner of Penthouse magazine and a bevy of online dating and adult websites, filed for Chapter 11 bankruptcy protection

Tuesday. The company said that bankruptcy protection is the "most efficient and cost-effective" way for it to improve its balance sheet.

FriendFinder, like many of its peers in the adult entertainment industry, has been struggling for some time with lower revenue. THE ASSOCIATED PRESS

Iran re-blocks social media after 'technical' glitch

Word of the opening of Iran's blocked social media sites was spread, of course, by social media itself, with celebratory tweets and breathless Facebook

Mayors face

A push by municipal lead-

hazardous rail cargo rattling

through their communities

is raising security concerns

in the federal government.

Claude Dauphin, the

president of the municipal

federation, says Transport

Canada officials are con-

cerned any advance infor-

mation on the movement

of hazardous goods could

fall into the wrong hands.

But he says mayors are not

looking for individual cargo

ers to know more about

pushback from feds

Hours later, the same sites Tuesday chewed over the sobering fact that the four-yearold firewalls were back in place. Iran's Internet overseers blamed a "technical" glitch on the brief window to the web.

But others interpreted the seesaw events as signs of growing internal struggles between the moderate-leaning President Hasan Rouhani, who has promised to ease Iran's cyber-censorship, and hard-liners in the Islamic establishment who see no benefit in lifting restrictions intended to foil potential political opponents and reformists.

The window allowed users to access banned sites such as Twitter and Facebook directly rather than having to use proxy servers that bypass Iranian controls. The associated press









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metronews.ca Wednesday, September 18, 2013 metr⊕ **VOICES**

THESE WILL KNOCK YOUR SOCKS OFF

Some addictions are bad for you, e.g. crack cocaine or cracked-pepper potato chips.

Some addictions are good for you, e.g. Iron-Man triathlons.

Some addictions, it's hard to tell, e.g. peanuts and trivia.

An addiction to trivia can have dire consequences for innocent bystanders, especially if you find yourself a captive audience on a crowded airplane or at a dinner party where the main dish is composed mostly of quinoa.

Of course, it depends on the quality of the trivia. There is boring trivia, and then there's the stuff you simply can't get enough of. If you ask me, we spend too much time on the boring stuff—especially on quiz shows like Jeopardy and the Million Second Quiz. It's all about the prize money, but the trivia? Meh.

It doesn't have to be that way. Did you know that the universe is shaped like a vuvuzela (that annoying South African soccer horn)? Well, you do now. Just try to forget it.



Paul Sullivan

metronews.ca

Or how about: In 2008, a man in Ohio was arrested for having sex with a picnic table. How could you not want to know that?

There's more: Did you know that Saddam Hussein's secret bunker was designed by the grandson of the woman who built Hitler's secret bunker? All in the (Bunker) family..

You need to know this stuff. And there's plenty more where that came from. Precisely 1,224 items in a book created by the people behind the British quiz show QI called 1,227 Quite Interesting Facts to Blow Your Socks Off (a quite interesting book).

British quiz shows are more interesting than North American quiz shows because they're not exercises in crass one-upmanship

for cash, not that there's anything wrong with that. But QI understands the true beauty of trivia. Once you know that Italy's biggest business is the Mafia, accounting for \$178 billion a year and seven per cent of that country's GDP, you will hold your own wherever you sit at the table.

Trivia is important because "everyone is entitled to their own opinions, but they are not entitled to their own facts" according to legendary U.S. Senator Daniel Patrick Moynihan (1927-2003), which is the epigraph at the outset of 1,227 Facts. If you simply can't stand to sit through yet another fatally flawed socio-politico-econo-cultural analysis of this or that big issue, simply wait for a lull in the conversation and let'em have it with the big guns.

Did you know that a female ferret will die if she doesn't have sex for a year?

And if that doesn't do it this will: The founder of match.com, Gary Kremen, lost his girlfriend to a man she met on match.com.

You won't even need to justify the interruption and it will instantly dispel any conversational fog built up in the room.

Now, if you're getting bored, here are a couple of quickies to chew on as you head into work this morning:

Light travels 18 million times faster than rain. And Beyoncé is the eighth cousin, four times removed, of Austrian composer Gustav Mahler.

Beats crack cocaine or peanuts, doesn't it?

ZOOM

Battery drained? Use elbow grease



Device charges gadgets with human energy

You have lots of energy to make it through the day, but your cellphone battery doesn't. Not

A student from Humber College, in Toronto, has designed a device that could harvest kinetic energy from human motion to generate

energy to charge a wide variety of gadgets such as cellphones, MP3 players, smartphones and tablets. The current design dubbed ENE — has theoretically demonstrated it can charge 20 times faster than traditional electric methods.

Designed by college student Joe Kiez, the innovation has been nominated and shortlisted for the James Dyson

James Dyson Award

- An international design award from Sir James Dyson, famed U.K. vacuum inventor.
- College and university students from 18 countries compete.
- The winners will be announced Nov. 7.

Power of the people

"If you move, you are using and outputting power. Anyone and everyone that moves has the potential to create harvestable energy."

Joe Kiez, Humber College student and James Dyson Award nominee



Train? Check. Cross-train? Check. Blog, tweet, Instagram? Check. For many athletes, physical training is just one part of 'making it' as a professional athlete, while hollering at fans and drawing attention to the sport is another (especially for our dear Canadian athletes). Meet Canada's blogging, tweeting, Instagramming runners:

Rob Watson:

logduRob.com sheds some light on the life of the London, Ont.-born runner who "digs the sport and digs the grind." You can also find him at

Reid Coolsaet:

There's more to this runner's Instagram account than races and roads, follow @reirdcoolsaet for arty portraits, landscapes and even beer drinking. As well, find his ramblings at Float On blog at reidcoolsaet.com.

Twitter

@metropicks asked: Three Toronto firefighters were fired for sexist tweets. Should a boss be allowed to axe for personal tweets?

@Cazzy: It's up to the individual to make sure their online presence is hidden enough to not affect their

@johnkuypers: Firing 3 Toronto firemen over sexist tweets could be the worst leadership move I've seen in a

Follow @metropicks and take part in our daily poll.

Comments

RE: Three Toronto Firefighters Sacked Over Sexist Tweets; Unions Express Anger, published Sept. 17

Unions should not be allowed in any governmental office. The provincial statutes and federal laws should be enouah.

David Fletcher posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca



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Love in the time of technology

Aziz Ansari. Comedian aims to hit a deeper chord with audiences in his newest set, which will headline Toronto's JFL42 festival

Have you heard the one about the Indian comic? Because Aziz Ansari has — and he's pretty bored with it.

After enduring some racially inspired jabs at the hands of some of comedy's top stars for Comedy Central's recent roast of bleary-eyed James Franco, Ansari took his turn at the dais and shooting back, with his trademark earnestness: "I think it's so cool that some of you guys were able to travel back in time to 1995 for some of those Indian jokes you did. That's so cool!"

"Even with the sitcoms these days, it's people like me or Mindy Kaling and others — there's no 7-11 jokes or anything like that. I think the culture really has moved beyond that stuff, and that's why it was kind of jarring to hear those kinds of jokes and it's like, 'Really, you're really going to go there with this; you think that stuff is relevant anymore?" he said in an interview.

He's certainly been around the stand-up circuit long enough, too — 12 sneaky years for the comedian with the boyish features and the contagious on-stage excitability, who has risen to fame by stealing scenes in the NBC comedy Parks and Recreation as the cad Tom Haverford, and in the 2009 Judd Apatow vehicle Funny People.

Now, he's set to headline Toronto's JFL42 comedy festival, which will mark one of the first large-venue crowds that will see his new, still-untitled hour of comedy, exploring love in the time of technology — an issue in which, he says, he has some expertise.

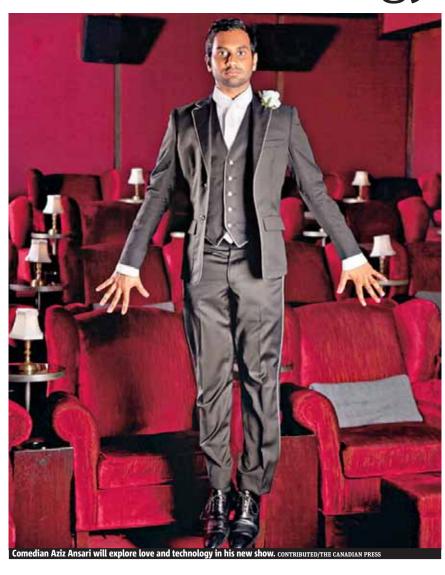
"It's what I'm dealing with in my life — dating, trying to find someone, maybe not trying to find someone," said the 30-year-old. "I write my standup about whatever's consuming my head and when I was writing this stuff, that's what I was doing a lot.

"It was like, 'Man, this is such a weird time to be a person trying to find love. It's a very frustrating time in a lot of ways.' And it's struck a chord, with both men and women."

While his previous sets featured more standard comedic observations — stories about his North Carolina upbringing, about the time-sucking properties of the Internet, and the hijinks of his wide-eyed little cousin Harris — he calls this set his most difficult yet, aiming to spew his emotional guts while busting his audience's too.

"(With this set) I really tried to hit in a deeper way than I did with the other shows. This one, I'm really trying to do something different and I think I pull it off, but we'll see."

THE ASSOCIATED PRESS







metronews.ca Wednesday, September 18, 2013

Dress up, fight crime, save the world

New movie. Hugh Jackman stars in the Prisoner, which treads on a familiar theme of taking the law into our own hands



FOCUS Richard Crouse scene@metronews.ca

In this weekend's movie Prisoners a father, played by Hugh Jackman, kidnaps the man he thinks abducted his daughter and her young best friend.

It's a classic case of vigilante justice, a practice another movie character, Foxy Brown, called "as American as apple pie."

It's also illegal, dangerous and morally unsound, but that doesn't stop Hollywood from featuring vigilantes in their stories.

Comic books have sup-



plied the movies with vigilantes for years.

According to comicbookmovie.com, "It is important to state one truth," they write, "(and) that is, all comic book heroes, unless sanctioned by the government, are vigilantes."

That's a wide group that includes, among others, Batman, Spider-Man and Iron Man.

Lesser known is Ror-

schach, the anti-hero of the graphic novel The Watchmen and played by Jackie Earle Haley in the movie of the same name.

He's a masked crime fighter who believes in only good

Quote

"Were it not for costumed vigilantism. He'd have nothing."

Jackie Earle Haley In the movie The Watchmen

and evil. This black-and-white morality drives his ruthless need to punish evil-doers at all costs.

"Were it not for costumed vigilantism," says the actor, "He'd have nothing."

Rorschach is effective and lethal, but Paul Kersey didn't wear a costume to earn his star on the Vigilante Walk of Fame.

As played by Charles Bronson in five Death Wish movies, he cleaned up the streets with an efficiency that would make the Watchmen envious.

In the original 1974 film Kersey is an architect driven to taking the law into his own hands following the brutal murder of his wife.

"If the police don't de-

fend us," he says, "maybe we ought to do it ourselves."

Star Bronson was quick to say that he didn't "advocate anyone taking the law into their own hands," but knew that the Death Wish movies were popular because, "Audiences like to see the bad guys get their comeuppance."

Harry Brown is a gritty Gran Torino with British accents and a dash of Death Wish

Michael Caine plays the title character as High Noon's Gary Cooper, but instead of being set on the wide open plain, the action in this Teabag Western takes place in the urban terrain of the Elephant and Castle section of London.

"This movie changed me," Caine said.

"I started out thinking, 'Let's go out and make a movie about killing all these scumbags,' and then I met these people and realized they were helpless, just as much as the victims, and they had been neglected and they need help."





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metro-ws.ca wednesday, September 18, 2013

Rick Ross moving on after his divorce from Reebok

Music. Rapper talks about how a business relationship went sour and about his new album

Even though Rick Ross lost his deal with Reebok this year, the Miami-based rapper continues to sport and promote the sneaker brand.

"I'm still supporting Reebok. I'm still wearing Reebok," he said in an interview last week. "It's nothing more than that. I've been wearing Reebok my whole life ... Still got nothing but love for Reebok."

The burly, husky-voiced Ross became known for his colorful and heavy lyrics, rapping about the grimy street life, money, luxury cars and women. But the Grammynominated performer took things too far on Rocko's song, U.O.E.N.O, where he raps about giving a woman the drug MDMA, known as Molly, and having his way with her. Petitions were issued by women's groups

and rape victims.

Reebok terminated its contract with Ross in April following the heavy criticism.

But Ross says he has moved on and learned from the setback. In a recent interview, the 37-year-old talked about Reebok, his relationship with Jay-Z and his compilation album, Rick Ross Presents: Self Made 3, released Tuesday.

What did you learn from your setback with Reebok?

You live and you learn. I think the most unfortunate thing about the whole situation was just the fact that my lyrics offended some ladies, especially dealing with the topic of rape. It was interpreted as rape. I really wanted to make sure that I apologize to any woman that I offended in that way. I just wanted to make that clear. When I make music and I'm talking on records, it's like I'm painting a picture. In my mind, I'm seeing a film. I apologize.

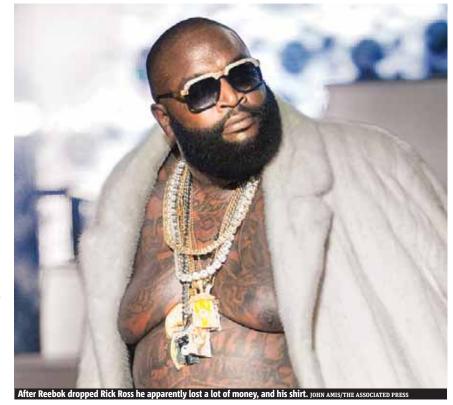
Jay-Z has supported you since he signed you to Def Jam in 2006. How has he

helped you through your maturation?

He's been a part of pretty much every project I've put together as a solo artist. He's always been there any time I've made a call. It's just an array of things I've learned from him outside of music, like handling business and money. ...I come from down South where I want the music, bass and the beats that shake the walls. Hov talked to me about performing (and) what live music brings to the table.

This is your label's third

compilation album and it mainly features you, Wale and Meek Mill. Why do you think it's beneficial to release a compilation album? When you see compilations like this, you see longevity. With us, we have people who are on top of their game. But we want to bring more artists into the fold, and give young artists an opportunity to be on the same playing field with us. That in itself speaks volumes to someone at home chasing their dreams. THE ASSOCIATED PRESS



SIGHT

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Restaurant, \$250 voucher to be used towards food and beverages in the Colors restaurant and \$150 worth of betting vouchers (approximate retail value of \$400 CDN). Skill testing question required. Contest closes September 20th, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com



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DISH
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January Jones linked to Miley's separation

January Jones might not have been the reason for Miley Cyrus and Liam Hemsworth's engagement falling apart, but she reportedly didn't help matters much.

Sources tell Us Weekly that Hemsworth had been pursuing the Mad Men star fervently in the months leading up to the split.

"January consoled him," a source says.

"January thinks Liam is so sexy."

A rep for Jones, however, says, "This is absolutely untrue."

Cyrus' rep confirmed earlier this week that the couple's engagement is officially off.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Robin Williams returns to TV because he's broke

THE WORD

scene@metronews.ca

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams. He'll happily admit that he signed on to his new TV series The Crazy Ones, with Sarah Michelle Gellar, for the dough, which will then



go to his ex-wives.

"The idea of having a steady job is appealing," Williams told Parade Magazine. "I have two (other) choices: go on the road doing stand-up, or do small, independent movies working almost for scale

(minimum union pay). The movies are good, but a lot of times they don't even have distribution. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Impressively candid. Most movie stars, even if their star has clearly dimmed, don't like to admit they're not high rollers anymore.

And Williams has two ex-wives, which he admits takes a big bite out of his income.

"Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed in to 'alimony.' It's ripping your heart out through your wallet."



Theroux scaling back his art collection

Justin Theroux admits that building a life together with Jennifer Aniston has meant some compromises — like ditching some questionable artwork.

"They're just these open mouths, with tongues, and in the throats are different stages, labeled, of syphilis and gonorrhea and whatever. Those definitely found a great place in my office in L.A. They weren't going to be above the fireplace anytime."

Mark Wahlberg finally gets his diploma

At 42, Mark Wahlberg is finally a high school graduate, the actor — who dropped out in the ninth grade — revealed the milestone in an op-ed piece for the Huffington Post earlier this week.

"I was fortunate to find out I could attend high

school online. For almost a year, I've been taking classes and studying any chance I could get — on the set, travelling for work and at home. It has been both humbling and challenging, but I'm happy to report that I am officially a high school graduate."



Volunteers Wanted for Cholesterol Study

Is your cholesterol higher than it should be?

Does high cholesterol run in your family?

Researchers from the University of Alberta are looking for volunteers between 20 and 75 years old who are not taking any lipid-lowering medication, to participate in a 6 week diet intervention study. The study looks at the cholesterol-lowering effects of pulses (beans and peas).

During the study period you will:

- Be provided with 5 study food items per week in the form of soups and casseroles to eat at home
- Attend 4 study visits at the U of A campus
- · Fill out questionnaires at home
- Receive an honorarium upon completion of the study



If you are interested, or would like more information, please contact Janis – Email: pulseRCT@ualberta.ca Tel: 780.492.4182



TRAVEL

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Sunny days in Los Angeles

Guide. From star-style fare to more budgetfriendly options, this city has it all



BYERS mhverstravel com

It's impossible to capture such an immense city in one story so I'll keep this focused on Hollywood and downtown Los Angeles, which has seen an incredible resurgence.

Sleeping The Roosevelt, a Thompson property, was home to the first Academy Awards ceremony, which lasted only minutes (if only it were still the case). Marilyn Monroe often did photo shoots at the pool and used to sleep there regularly, amongst other things. There's a cool, old-fashioned, two-lane bowling alley in a funky upstairs bar, an airy, Spanish-looking lobby and fun, modern rooms. Prices in October from \$299. Downtown, The Standard offers a chic rooftop bar and rooms from \$225. There's also the sleek Ritz Carlton, part of the L.A. Live entertainment complex. There's a beautiful pool and bar on the 26th floor and a Wolfgang Puck restaurant. Rooms in October from \$419.

Dining

Try Public at the Roosevelt in Hollywood for grilled octopus or even rabbit, served in a bright room with diamond-tufted banquettes and lots of dark wood. The



burgers at the hotel burger bar, called 25 Degrees, have been voted L.A.'s best many times. They also serve up a chocolate milkshake with, um, Guinness. A personal favourite for budget types is Tommy's Burgers at Beverly and Rampart, where the gooey, napkin-destroying chiliburgers are legendary. Downtown, near Union Station, you'll find Philippe's original. The place has hardly changed in decades, right down to the pickled eggs on the counter and the wait staff. Angelenos of all colours and creeds gather to munch on roast beef French dip sandwiches (ask for a double dip for more juice)



and local beers. It's just 65 cents for lemonade and 45

Richard Riordan runs the Original Pantry. They serve up excellent hash browns

Olvera Street is an old Mexican-American area with souvenir stands selling cheap, colourful guitars and great knickknacks for a few bucks. You can dine on cheap burritos or tacos and watch mariachi bands in full dress. Wander down to the Disney Concert Hall, designed by Ontario's own Frank Gehry. The nearby Angels Flight is an old-time funicular that takes you up (or down) Bunker Hill for 50 cents and is billed as the shortest railway in the world (just shy of 91 metres) The Grand Central Market has gorgeous produce and a shop selling jars of sarsaparilla, comfrey, ginger and more. Want a real change? Try a horseback ride in the hills with the folks at Sunset Hollywood Ranch), where you'll find remnants of southern California's cowbov culture and outstanding views.

and spicy Portuguese sausage at breakfast.

Drinking

The Library Bar at The Roosvelt is a tiny spot with dark wood and zebra-striped Bartenders have chairs. locally grown herbs on the counter and will mix a drink to your taste. I had bourbon with lemon and rosemary that was fresh and flavourful. Just down the road, Musso and Frank is known for both steaks and perfectly dry martinis served in an old-time setting. There's a cool rooftop spot at Perch on Hill Street, complete with fireplaces. (Hey, it can get cold in L.A.

for coffee. Former mayor





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Raleigh

Start your road trip in Raleigh (tip: it's easy to find free parking across the state). Stroll through downtown and keep your eyes peeled for the N.C. Supreme Court and State Capitol buildings, which you might recognize from the hit TV series Homeland (the show, set in Washington, D.C., is actually filmed in North Carolina).

Gorge on the best fried chicken in town (you're in the South, after all) at Beasley's Chicken + Honey, created by James Beard-nominee Ashley Christensen. And head over to Mitch's Tavern for a pint. If it looks familiar, you might recognize it from the bar fight scene in Bull Durham — a classic flick celebrating its 25th anniversary this year.

Durham

Durham is a quick drive from Raleigh, and both movie and sports fans shouldn't miss the Historic Durham Athletic Park, where much of the Bull Durham action was shot.

Catch Durham's chilled-out vibe in the ultra-hip American Tobacco Historic District factories that once supported America's tobacco industry now house a collection of shops, restaurants and bars.

Tyler's Taproom is a must, with 60 craft and specialty import beers on tap including a selection from Fullsteam Brewery, a "plow to pint" brewery that uses local produce - such as sweet potatoes, figs and basil — to make its beers.

Indulge yourself at Four Square Restaurant set in a charming Victorian house; chef Shane Ingram relies heavily on local farmers and changes the menu bi-monthly to reflect the freshest seasonal products.

Where to stay: The King's Daughters Inn combines the intimacy of a B&B with the luxurious touches of a high-end hotel, from gourmet breakfasts (think: eggnog pancakes), evening wine and scotch, and a turn-

Visit these Homeland filming locations in Charlotte:

- Sip a cocktail at the Lobby Bar in the swish Ritz-Carlton, where Carrie gets her first inclination that Brody might indeed be hiding something.
- Or smoke a pre-Castro Cuban cigar at Cutter's Cigar Bar & Lounge at the Marriott City Center complete with mother of pearl-inlaid pool table and mahogany wood bar where Carrie meets up with Brody.
- And head to Ed's Tavern for a drink, which you may recognize as the bar where Brody meets up with his veteran buddies.

down service that includes artisan chocolates and port.

A three-hour drive will take you to Charlotte — and if you're a fan of Homeland, this is where the action's at (see sidebar).

But there's more than movie action. Get active at the U.S. National Whitewater Center, which offers up 22 kilometres of mountain-biking and hiking trails, as well as a climbing centre, 335-metre zipline, flat-water kayaking and whitewater rafting on a multiple-



city's history

while stuffing yourself with the city's best combread and fried chicken on a "Taste & Glide" segway tour with Charlotte NC

Brevard

From Charlotte, drive a couple of hours to Brevard, the ultimate cool in mountain towns. Set in the Blue Ridge Mountains, the area is home to the Pisgah National Forest, Gorges State Park and, of particular interest to fans of The Hunger Games, the DuPont State Recreational Forest (also known as the

The best way to see where your favourite scenes were shot (like when Katniss finds Peeta lying in camouflage) is on a Hunger Games Unofficial Fan Tour — where you'll also get a chance to test your skills at archery and sling shot.

If you're a cyclist, hiker, climber or kayaker, Brevard is a little slice of heaven. And be sure to take in a waterfall ... or 200.

Asheville

A half an hour's drive will take you to retro-urban Asheville, known for its farm-to-table cuisine, cutting-edge music scene and thriving arts community. You won't find big-box retailers here - it's all about independent, eclectic boutiques, selling local art, funky jewelry and

Damian Lewis stars as Marine Sergeant Nicholas Brody in Homeland. CONTRIBUTED

Dinner at The Market Place Restaurant is a must, where chef and co-owner Wilranchers, cheese-makers and

winegrowers, combining a reverence for Appalachian culinary heritage with worldly traditions.

artisan chocolate. liam Dissen regularly updates his menu according to what's available from local farmers.



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DEFINE YOUR DREAM DAY WITH DERKS

Derks is the source for all things wedding thanks to its long-standing history and outstanding reputation in the Alberta market.

Operating since 1939, Derks continues to supply the Alberta male with any fashion need he may seek. From tuxedos, made-to-measure suits, fine casual wear and accessories, Derks proves to be the stalwart in formal menswear time and time again.

"We just focus on how we serve our customers, not what others are doing," says owner Gay Derk, who insists on touches like a final fitting for men when picking up their wedding attire. "We don't get second chances so it has to be right."

Derk says the Edmonton market is a traditional one, with most men renting tuxedos for groom and groomsmen at a typical Thursday to Sunday rental cost of \$69 to \$139. Shoe rentals, colour co-ordinated ties, vests and pocket squares are likewise in demand as couples continue to personalize their wedding.

However, suit purchases for the big day are increasing, and a \$299 package that includes

suit, shirt and tie is a steal, too, especially in trendy shades of grey, and slim, tailored silhouettes. This offers men the chance to own and wear the suit long after they say "I do."

Not only about traditional fashion, Derks also carries names like Tommy Bahama for destination weddings along with a selection of high-end linen shirts and trousers.

The store also follows trends closely. "The young generation is on top of every fashion trend thanks to YouTube, social media and reality TV wedding shows," she says.

For more than 30 years, Derks has also been bringing the wedding industry under one roof and providing couples with a one-stop shop at the Bridal Fantasy award-winning fashion show in Edmonton and Calgary. The event showcases the latest in bridal fashion, hair, makeup, invitations, table settings, and photo options, among others.

"It's still the biggest event in a couple's life," Derks says. "They want the dream, and we present all the choices so they can define their dream day."



EDWARD ROSS PHOTOGRAPHY/TUXEDO BY DERKS FORMAL





































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Faster, lighter, cheaper chili



There is enough here for two plus lunch.

Hearty beef chili gets so boring and this version is faster, lighter and contains more delicate flavours.

Buy ground chicken on sale in a large pack and break it down into smaller, useable packages.

Wrap tightly to freeze and it will last you a year. Better yet, double or quadruple this recipe and freeze the cooked chili and save yourself both time and money.

- 1. Bring chicken stock to boil in a large skillet.
- **2.** Add all ingredients except beans; cover and simmer to blend flavours, about 15 min-
- 3. Add kidney beans, undrained; simmer until heated through, about 5 minutes.

THERESA ALBERT IS A FOOD COMMUNI-CATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THER-ESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

- 1/4 cup chicken stock (\$0.40)
- 1, medium onion, chopped
- 1 large clove garlic, minced (\$0.05)
- 1/2 lb ground chicken (\$3)
- 1/4 cup drained canned green
- chilies, coarsely chopped (\$1.29) • 1/2 tsp dried oregano (\$0.03)
- 1/2 tsp ground cumin (\$0.05)
- 1/2 teaspoon ground coriander (\$0.07)
- pinch ground cloves (\$0.01)
- pinch tsp cayenne pepper
- 16 oz white kidney beans

(cannellini beans) (\$1.29) Total: 7.08/ per serving: \$1.77



Drink of the Week

Passionate Sangria

As summer comes to an end, sip your way into fall with this Passionate Sangria. It's not only tasty but also easy to make.

- 1 bottle (750 ml) Solaz
- Tempranillo Cabernet Sauvignon
- 2 oz Duff Gordon brandy • 2 oz Cinzano sweet red
- vermouth
- 1 cup pineapple juice
- 1 cup passion fruit juice
- Slices of oranges, lemons and

limes (seeds removed)

Add all ingredients into a pitcher and gently stir. Refrigerate for 4-10 hours. Remove from refrigerator, add ice and stir gently



Texturally pleasing to palate Kasha & Sweet Potato Salad

More than satisfying, as well as texturally pleasing to the palate, this gluten and dairy-free,

- 2 cups (500 ml) vegetable
- 1 clove garlic, minced
- 1/2 tsp (2 ml) ground cumin
- 1 cup (250 ml) kasha or buckwheat groats
- 1 large sweet potato, peeled and cut into 1/2-inch (1 cm)
- 1/4 cup (60 ml) red wine vinegar
- 3 tbsp (45 ml) extra-virgin olive oil
- 2 tsp (10 ml) Dijon mustard
- 1 tsp (5 ml) paprika
- 1/2 tsp (2 ml) each salt and freshly ground pepper
- 3 green onions, thinly sliced
- 2 stalks celery, thinly sliced half sweet red pepper
- 1/3 cup (75 ml) chopped fresh parsley or cilantro
- 2 firm-ripe avocados from Mexico, halved, pitted, peeled and diced
- 1/2 cup (125 ml) toasted pepitas or sunflower seeds



wholesome salad combines kasha with nutrient dense avocados and sweet potato.

It can be made up to two days before serving, making it ideal for those who like to plan ahead for meals.

1. In saucepan, bring broth, garlic and cumin to boil over high heat. Stir in kasha; reduce heat to medium-low, cover and simmer until no liquid remains and kasha is tender, 15 mins. Scrape into bowl and let cool.

- 2. In separate saucepan of boiling salted water, cook sweet potato just until tender, about 5 minutes. Drain: let cool.
- 3. In bowl, whisk vinegar, oil,

mustard, paprika, salt and pepper; add to kasha, along with green onions, celery, pepper and parsley; toss to coat. Fold in potatoes, avocados and pepitas.

4. Serve right away, or cover and refrigerate for up to 2 days (if making ahead of time, add avocado and pepitas just before serving). MISSAVACADO.CA

Lunch. Beef Stir-Fry Style Cold Salad



Versatile beef strips are great in a Thai-style salad!

Add a little thinly sliced chili pepper to the vegetables or some hot pepper flakes to the dressing if you like things

1. In saucepan of boiling salted water, cook broccoli for 1 minute or until tender. Drain. Immerse in ice water until

totally cool. Drain well. Pat dry on clean tea towel. Transfer to large bowl. Add cucumber, carrot and green onions.

2. In small bowl, make dressing: Whisk together lime juice, oil, fish sauce and sugar until sugar dissolves. Drizzle over vegetables; toss to combine. Add beef strips; toss once more.

Ingredients

- 1-1/2 cups (375 ml) quartered broccoli florets
- . Half English cucumber,
- halved lengthwise and thinly sliced on diagonal
- 1 carrot, thinly sliced on
- 2 green onions, thinly sliced on

- diagonal 3 tbsp (45 ml) fresh lime juice
- 2 tbsp (25 ml) canola oil
- 2 tsp (10 ml) fish sauce
- 1/2 tsp (2 ml) granulated sugar
- 1 pkg (400 g) PC Sirloin Beef

metronews.ca Wednesday, September 18, 2013 WORK/EDUCATION 27

If you build it, a career in engineering will surely come

Create and be great.

The definition of 'engineer' is a broad one, but the perks of the profession are clear and plentiful

MEGHAN GREAVES

We know that the road to becoming an engineer can be a long one for students and new grads. From trying to keep your grades up, to getting involved in the engineering community, to somewhat maintaining a social life, it can be hard to see the very bright light at the end of the tunnel.

To keep you on the right path, we compiled a list of the greatest things about a career as an engineer.

From having some of the highest entry-level salaries, to being able to work anywhere in the world, aspiring engineers have plenty of job perks to look forward to after a gruelling undergrad.

There are plenty of options

There are tons of different sectors in the engineering industry, which gives students a lot of variety when choosing their career paths. Some of your options include mechanical, software, biomedical, chemical, environmental, and electrical engineering. With so many



choices, it's almost certain that you'll find a sector that's just right for you.

Growth opportunities

Engineers often times receive extraordinary training, mentoring, and onboarding to ensure that they get started on the right foot. With this foundation, it's more likely that newly hired engineers will have the skills and resources needed to move up the lad-

der. Engineering companies will invest this type of effort into new graduates as they want to see them be successful, specifically within the company.

Location, location, location

Engineers can work everywhere and are needed everywhere! Just take Beverly Bradley's story for example. She has been able to start her engineering career in Gambia building a medical oxygen source for third world countries! Just about everywhere you look in the world there is a need and opportunity for engineers to be successful — they're definitely not limited to one location.

Competitive salary

The salary that comes with a career in engineering is a definite plus! To become an Engineer it takes a high level of education, skill, and dedication, so it makes sense that an Engineer's salary reflects these investments. According to our 2012 engineering salary guide, new grads entering the industry are amongst some of the highest paid career hatchers — and it only goes up!

In demand

With a large amount of retirees exiting the workforce in

Work that benefits society

One of the best things about being an Engineer is that your projects genuinely benefit societies around the globe.

From medical advancements, to "green" revolutions, to implementing systems that keep communities safe, engineers develop innovations that are good for all of us.

the near future and industry expansion, there's no shortage of engineering jobs. This doesn't mean that the industry isn't competitive, it means that if you put a solid effort into your job search and skill development there are career opportunities to be had.

Every day is different

Engineers are not professionals who always sit at a desk from 9:00 am to 5:00 p.m. Engineers work in all different types of environments (e.g., cities, rural areas, offices, forests, mountains) and during all hours of the day, depending on the task at hand. This not only makes the days go by faster, but also allows for variety, challenge, and diverse work opportunities.

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metronews.ca wednesday, September 18, 2013

Great heights reached in a growing field

Best of the business.

Interested in being an engineer? Check out these manmade marvels of the engineering field

MEGHAN GREAVES

"Big opportunities" are words often used when describing the perks of an engineering career. That's because engineers have competitive salaries, job growth, wide career variety, full benefits, and much more! Beyond job perks, one of the greatest things about being an engineer is the innovative projects you will have the opportunity to be part of. Engineers have built historic innovations and achieved monumental feats that just can't be described in a job description.

So, we decided to compile a list of some of the greatest engineering projects of all time. Read on to get to get that extra push toward the profession.

Transcontinental Railroad

Before the ground-breaking construction of the Transcontinental Railroad, it would take on average five to six months of dangerous and ex-

The Internet

Technology engineers worked for decades to turn the Internet into what it is today.

 From its initial launch as a research, military and science tool in the 1950s, the Internet has grown to become a critical tool for everyday work and life. Future software and technology engineers will undoubtedly rely on this valuable invention throughout their careers!

pensive travel to cross the country! It took six years to complete the project, which was mostly done by hand. Engineering the railroad led to more money, jobs, immigrants, and expansion, which changed the way the nation functioned forever.

The Hoover Dam

The Hoover Dam was initially thought to be an impossible feat. But with the hard work and dedication of 200 engineers, the Hoover Dam was built and turned the flood-prone Colorado River into a source of economic development. To ensure the project was successful, engineers took into consideration weather, seismic activity, thermal movements, vehicle power, and structural bearings. The dam was fully completed by 1935, and is expected to last another 100 years!

Health technologies

Until the 20th century, medical diagnoses were often based on doctor's intuition rather than concrete evidence. Throughout the 1900s, medical engineering achievements aimed to change this. From the first electrocardiograph machine in 1903, to the creation of the pacemaker in 1930, medical engineers have played a vital role in developing live-saving health technologies.

The moon landing

The first moon landing remains one oaf the most extraordinary engineering feats of all time. Considering that in 1969, technology was in a huge transitional phase, it's crazy to think

Engineers collaborated to create the CN Tower to withstand earthquakes,

lightning strikes, and thermal movements. Aspiring civil engineers will

similarly need to draft building plans with Earth's movements and weather in mind. ISTOCK

that an achievement such as canal took over 10 years to complished during a plete with the dedication and

Panama Canal, Panama

tic computers!

This 77 kilometre waterway connects the Atlantic and Pacific Ocean and to this day plays a vital role in world shipping. Over 15,000 ships a year pass through the canal to deliver goods between coasts. The

time of punch cards and gigan-

canal took over 10 years to complete with the dedication and sacrifice of thousands of engineers and labourers. This project is an excellent example of how engineering is used to connect the world.

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GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

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- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach.
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to https://metronews.ca no later than Sept. 20, 2013. PLEASE QUOTE: "Graphic Designer - Edmonton" in the subject line. All submissions will be treated as confidential.





He serenaded me with science



Engaging the mind with a melody. Biochemist Kevin Ahern teaches with

music and poetry

KIERON MONKS

Metro World News

He turns Christmas carols into studies of protein synthesis, and Bob Dylan into a vegetarian preacher. For over a decade, awardwinning biochemist Dr. Kevin Ahern has taught his subject through music and poetry, and claims it is key to his students' success.

Your website claims you are "wildly popular." Is this true?

I can't sing worth a crap but I perform all over the world and a lot of people want to listen.

Are you the only biochemistry singer, and by default the best?

Fact before funny

"You can have academic entertainment but you have to be careful not to be a clown and detract from the message."

Kevin Ahern

There are a few people doing something similar. What inspired me was a British professor (Dr. Harold Baum) who wrote The Biochemists' Songbook. I got a copy and was impressed by the clever rhymes and thought, "I can do that."

Why do music and biochemistry go together?

Students find biochemistry very intimidating and I wanted to cut through that, to make it more fun and less scary.

It helps academically, like the Metabolism Pathway song takes students step by step through how metabolism works, how glucose is made etc.

If they learn the song they learn the process.

Kids can be cruel. Do you ever get heckled?

I look at student evaluations every term and one a year says, "I'm tired of songs," but most really like them.

Do you worry other academics will think you sold out?

I worried at first, some of them call me "The Song Guy," but generally reactions have been better than I expected. You can have academic entertainment but you have to be careful not to be a clown and detract from the message. There is a tightrope to walk.

Do you have a favourite memory or moment?

One lecture and song on hemoglobin always leaves me with a very positive feeling

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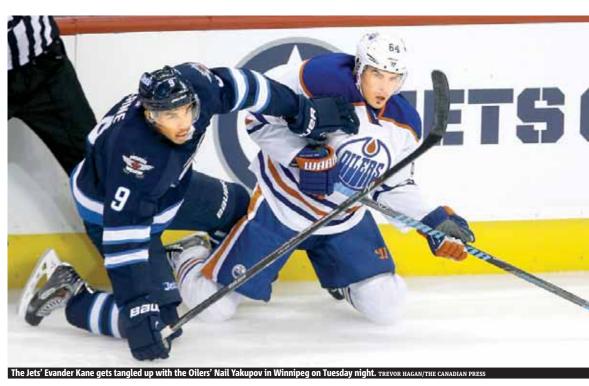
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30 SPORTS metronews.ca Wednesday, September 18, 2013



Jets hold off Oilers for turbulent win

NHL pre-season.

Three-goal cushion turns into victory by slimmest of margins

It was sloppy at times, but the Winnipeg Jets earned their first win of the pre-season by hanging on for a 3-2 nail-biter Tuesday night.

Michael Frolik scored on the power play and Carl Klingberg scored for the Jets in the second period. Eric On Tuesday

2

Jets Oilers

Tangradi assisted on both.

Anthony Peluso added another for Winnipeg in the

third period before Edmonton connected.

Mitchell Moroz put the

Oilers on the board with less than four minutes left, with an assist from Philip Larson, and Larson then banged in his own less than half a minute later.

Regular starter Ondrej Pavelec made his pre-season debut in goal for the Jets, who now sit 1-1-1 after three

The Oilers (1-1-1) played former Dallas Stars netminder Richard Bachman, signed as a free agent this summer, who made some good saves but faced a lot more traffic.

The Jets outshot the Oilers 29-24 and in the first two periods, and outhit them 24-19.

Winnipeg's next game is Thursday against new division rivals the Minnesota Wild.

Edmonton coach Dallas Eakins was applauded by Winnipeg fans who remember his time with the AHL's Manitoba Moose, where he finished his playing career.

He also played a couple of games with the old Winnipeg Jets just before they relocated to Phoenix. THE CANADIAN PRESS

CFL

Reilly named top offensive player for Week 12

Edmonton quarterback Mike Reilly was named the top offensive player and Adam Bighill of the BC Lions earned defensive honours as the West Division dominated the CFL's player of the week awards.

Calgary punter Rob Maver won the specialteams award while Saskatchewan slotback Chris Getzlaf was the top Canadian.

Reilly threw for 196 yards and three touch-downs to help the Eskimos defeat the Winnipeg Blue Bombers 25-7. He rushed for a career-high 113 yards on nine carries, including a 45-yard run in the second quarter. THE CANADIAN PRESS

Super Bowl

Premium tickets double in price

Super Bowl fans can prepare to pay double for the best seats.

The NFL expects the most expensive tickets for its championship game will be about \$2,600 each for 9,000 premium seats for the Feb. 2 game at MetLife Stadium in East Rutherford, N.J.

That's more than twice the \$1,250 cost for similar tickets at last season's Super Bowl in New Orleans.

The next tier of seats is expected to go for \$1,500, compared to \$950 in New Orleans. About 40 per cent of general admission seats will be under \$1.000.

THE ASSOCIATED PRESS

No Bones about the favourite in title bout



He has never been knocked down or taken down in his UFC career. His one loss was in reality a win, with his injured opponent needing surgery afterwards.

Light-heavyweight champion Jon (Bones) Jones became the UFC's youngest-ever champion in March 2011 when, at 23 years and eight months, he defeated Mauricio (Shogun) Rua at UFC 128.

Now 26, Jones is the undisputed pound-for-pound king of mixed martial arts. And the American continues to rewrite the record book.

Jones (18-1) has lost just one round in his 13-fight UFC career. And the 205-pounder made former champion Lyoto (The Dragon) Machida pay for that first round at UFC 140 in Toronto, locking on a standing guillotine choke in the second round before dropping the unconscious Brazilian onto the canvas with a thud.

On Saturday, Sweden's Alexander (The Mauler) Gustafsson becomes the latest to attempt to derail Jones when the two face off at UFC 165 at Toronto's Air Canada Centre. It will be Jones' third championship

fight in the Ontario capital.

At six-foot-five, Gustafsson (15-1) is a rare fighter who is taller than the six-four Jones.

A perhaps over-enthusiastic UFC TV promo calls the Swede "the toughest test of (Jones') career." The bookies aren't buying it, installing Jones as anything from a 7-1 to 12-1 favourite.

Jones is tied for most consecutive title defences (five) and most finishes (nine) in UFC light-heavyweight history. He already holds the record for most submissions (five) by a light-heavyweight.

THE CANADIAN PRESS

Setting it straight

The last time MMA fans saw Jon (Bones) Jones in the cage, the UFC lightheavyweight champion's left big toe looked as if it had been screwed on in the wrong direction following a TKO win in April over Chael Sonnen at UFC 159.

 Jones, who consulted a number of doctors, did not need surgery on the dislocated toe. But he still faced three to four months before it was fully healed.

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Bluetooth°

Cooling Glove Box

DOWN

DOWN

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2013

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HWY (M/T): 6.5L/100KM CITY (M/T): 8.1L/100KM

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The 2014 GMC Sierra



ALL PHOTOS WHEELBASEMEDIA.COM

Review. From top to bottom it's as new as it gets, right down to three brand new engines

MALCOLM GUNN

wheelbasemedia.com

With nearly endless combinations of powertrains, features and cab choices, you would be hard-pressed to find two identical pickup trucks on the road.

That's certainly the case with General Motors' light-duty cousins — the Chevrolet Silverado and GMC Sierra — although both share the same basic structure and running gear. For 2014, each continues with its own style and attitude, although the "attitude" part is hard to define, exactly.

While Chevrolet positions the Silverado as a kind of middle-ground pickup for both work and play, in the Sierra's case those virtues are distinctly separated. More basic GMC models accentuate the "Professional Grade" tag and the pitch is directed at buyers who rely

2014 GMC Sierra

•Type. Two- /four-door, rear-/fourwheel-drive full-size pickup

•Engines (hp). 4.3-litre OHV V6 (285); 5.3-litre OHV V8 (355); 6.2-litre OHV V8 (420)

•Transmissions. Six-speed automatic

•Base price (incl. destination)

on their pickups to earn a living. At the opposite end of the scale is the Sierra Denali subbrand that places a much higher value on coddling content.

In either case, the Sierra's primary identification point can be spotted in your rearview mirror. The entire front end, including grille, headlights, bumper and in-your-face GMC logo, are more massive than before and in total make a bolder statement than the Silverado does. Of course as you scale the trim-level ladder the appointments become more luxurious and the cabin resembles something approaching a high-end

GMC vs Chevy

Some minor sheetmetal differences exist between the Chevy and the GMC, but that's about it. Even the interiors of the two pickups share the same basic dash, control panel and available touch-screen communications centre that are a masterstroke of efficient legibility.

limo, especially in the fourdoor crew-cab models. Limoquiet cabins have also been the focus of GMC's designers. Improvements in aerodynamics, insulation and weather sealing help shut out intrusive noises.

Note that for 2014 the rear doors of the double cab (which has smaller doors than the crew cab) are now frontinged just like the crew cab's doors, as opposed to being rear hinged, to provide easier access to the back seat. Just as a greater use of aluminum in fabricating various body panels and suspension parts has kept the

Fuel Economy

Mated to a standard six-speed automatic transmission, fuel consumption is reduced to 11.9 l/100 km in the city and 8.4 om the highway (previously 13.7/9.1). V8 choices consist of a new 5.3-litre unit with 355 horses and 383 pound-feet, up from 315/335, and a 6.2-litre piece rated at

420/450 pound-feet. That compares to the previous 6.2's 403/417 rating. The new engine is based on the V8 in the new 2014 Corvette. The 5.3 is rated at 13.0/8.7 l/100 km, but the 6.2's fuel numbers have yet to be divulged, although GMC says it will have a 5,450-kilogram tow rating.

Sierra's weight in check, the V6 and V8 engines also benefit.

All use aluminum cylinder blocks and incorporate direct injection, whereby fuel is forcefed into the cylinders under high pressure. That allows the fuel load to be tailored for very specific use. There's also continuously variable valve timing for improved low- and high speed performance, while half the cylinders in V8 engines will automatically shut down in steady-state cruise conditions to save fuel. The V6 engine also runs on four cylinders in such situations.

What that all means is a

standard 4.3-litre V6 — for all cab styles and in rear- and four-wheel-drive — that might have the same displacement as before, but now makes 285 horsepower and 305 pound-feet of torque. The old iron 4.3 was good for just 195/260 pound-feet. Now, that's good progress.

The 6.2 is standard in the Sierra Denali, which has as a rather substantial list of content. Unique 20-inch chrome wheels adorn the exterior, while wood and leather (including heated and cooled front seats) coat interior surfaces.









Check used Forte for transmission issues

Second gear.

2010-2013 Kia Forte

JUSTIN PRITCHARD

Competing with the Honda Civic, Ford Focus, Mazda 3 and other compact models, the Kia Forte launched for 2010 and quickly grew into a model range consisting of a standard four-door sedan, high-utility "Forte 5" fivedoor hatch and a sporty twodoor 'Koup' model. With an eye for value, the Forte appealed highly for its combination of generous standard equipment, relatively low pricing and decent-all around performance, mileage and safety implements. Note that Forte nomenclature sees the 'LX' trim applied to more basic models, with 'EX' and 'EX' representing mid and uplevel grades. "Plus" and "Luxpackages added even more feature content.

Common issues

Forte looks like a solid used-car bet, but numerous owner's forum discussions suggest that transmission issues will be the most likely problems on a used model. Start your manual-equipped Kia Forte test-drive with a check of the clutch and shifter-ensuring there's no slipping from the clutch and that the shifter moves freely between all gears with no issue. Some drivers have reported manual transmissions that like to 'stick' into gear or become hard to shift. Further, some owners of models with automatic transmissions report slipping, jerking or other-

wise rough behavior from the gearbox as well. In the later case, a reprogramming of the transmission computer at a Kia dealer may fix the issue. Insist on driving the model you're considering from a cold start, ensuring it hasn't been pre-warmed ahead of your arrival. Be sure the stereo system, and satellite radio (if equipped) are functioning properly, and double-check proper operation of all steering-wheel mounted controls. Finally 'listen' to and 'feel' the suspension for signs of unwanted noise and sensations, which could indicate the need for some suspension work.



CONTRIBUTED

What owners like

Owner-stated likes include styling, both inside and out, a great list of standard features, decent fuel economy and a nice steering feel. Braking performance, especially on the Koup model, is also noted, as is general performance. Forte 5 owners typically comment positively on a great price-tospace ratio.

What owners dislike



On models with a manual transmission, many owners complain of a fake, vague and 'delayed

feeling to the electronic throttle. Other complaints include a 'cheap' feeling to some interior trim and limited headroom for taller drivers. Finally, some complain of squeaks and rattles as the vehicle ages.

Engine



four-cylinder engine displacing 2.0 or 2.4 litres and making 156 or 173 horsepower. Look for manual or automatic transmissions with up to six gears, depending on the model selected. All were frontwheel drive.

The verdict

A healthy used model that's free of transmission issues should prove an affordable way to access a sporty, well-equipped and high-value motoring experience. The most commonly-reported issues with the Kia Forte should be easily identified on a test-drive, if present.

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How does BMW hybrid's tiny engine hit 250km/h?



Driving force. German automaker's latest creation sets the bar for weight and fuel consumption and is a true vision of the future

MCINTOSH

Automakers have consistently worked to get more power out of smaller engines, but an upcoming BMW model may take the crown. The i8, a sports model planned for sale in Canada next year, accelerates to 100 km/h in 4.5 seconds and can reach 250 km/hand it's a hybrid with only a three-cylinder engine.

I had an exclusive opportunity to drive a heavilydisguised model at the company's test track in France, where the i8 proved it can run on electricity alone in the city, or hold its own at high speeds with some of the best of today's conventional competitors.

We need the ability for emission-free driving," says Dr. Carsten Breitfeld, vicepresident of BMW and director of the i8 program. "There will be a clear need for every powertrain in the future to reduce fuel consumption at its maximum."

The i8 combines a variety of technologies. Its front wheels are powered by an electric motor, mated to a two-speed transmission that the car uses when running on battery only. After it's recharged by plugging into a wall, the is can run almost silently for 35 km on electricity. That's primarily for

Everyone doing their part

"There will be a clear need for every powertrain in the future to reduce fuel consumption at its maximum."

Dr. Carsten Breitfeld, vice-president of BMW and director of the i8 program

- Forecast. BMW estimates that the i8 will get 2.9 L/100 km in combined hybrid driving, and use less than 10 L/100 km in racetrack-style
- Cost. Estimates for the i8's Canadian pricing range from \$160,000 to \$180,000.
- **Sequel.** The i8 is the second car in BMW's "in-novation" series, following the all-electric i3 city hatchback.

city use, but it can reach 120 km/h on the battery alone.

The rear wheels are powered by a turbocharged 1.5-litre three-cylinder engine, with a six-speed automatic transmission. During regular and performance driving, the i8 uses a combination of electricity and gasoline, using regenerative braking to recharge the battery while driving. The gas and electric systems, working together, produce 362 horsepower and 420 lb-ft of torque, comparable to what some eight-cylinder engines

Since both axles have their own power source, the i8 is all-wheel drive, which improves its handling. Electric motors make their power right away, while gasoline engines have to rev up. BMW solves this disparity with a small, high-voltage electric motor at the rear, which can provide additional power to the rear axle on acceleration to synchronize it with the front wheels.

To offset the heavy powertrain and battery, the i8 is made exclusively of lightweight materials, including an aluminum chassis, carbon fibre body, and plastic panels. The entire car weighs about 1,490 kg.

"What we put into the electric motor, we cut out of the (gasoline) engine," Breitfeld says. "The smaller engine gives smaller fuel consumption, while the electric motor makes it dynamic."

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metronews.ca Wednesday, September 18, 2013 metr⊕

Oh those eccentric British types

Autopilot. British Car Day attracted some interesting characters and cars, but none more so than Canada's own half-woman, half-car Venessa Koch



This past Sunday marked the 30th anniversary of British Car Day. Held every third Sunday in September at Ontario's Bronte Creek Provincial Park, British Car Day has been for some time now the largest single day gathering of British vehicular diversity in North America about 1,000 vehicles and their servants manage to make the scene every year.

In other words, it's the dog's bollocks, brilliant, jolly good, etc., and I was chuffed to bits to make it out again, though a last minute family matter almost threw a spanner into the works. Okay that's bloody it for the British slang; now on to a couple of the cool vehicles that caught my eye this year...

Venessa Koch is not technically a car, British or otherwise, but she probably had her picture taken more than anything else on the field this year. She is not technically a Transformer either, but she sure looked like one. For her culminating thesis for her Theatre Production degree from Ryerson University she created a costume that starts out as a DeLorean automobile and ends up like a robot. It is awesome. The school gave her an A-plus, and the Ontario DeLorean Owners' Club awarded her Associate Member status. "I'm also their official





mascot," said Koch, who was parked alongside other DeLoreans in the DeLorean row, and performed many "transformations" during the day.

Like a lot of DeLorean enthusiasts, she got the bug from the time-traveling DeLorean in the film, Back to the Future. "I've been in love with that car since I was 10." It took her about eight months to make the DeLorean transformer costume. It wasn't easy. She noted that unlike Optimus Prime, she actually has a spine that can't be folded several times.

The DeLorean contingent seemed to be having the most fun. They seemed younger than the Jag and Rolls crowds, for example, and their cars were the only ones there with faux Flux Capacitors. DeLoreans were made for only two years (1981 and 1982), in a plant located in

Belfast, Northern Ireland.

Only slightly larger than Vanessa Koch was the Berkley SE328, owned by William Patterson of East Aurora, New York. At just a smidgen over three metres long, the frontdrive Berkeley is the world's smallest production sports car. Patterson's SE328 model is fitted with a 328-cc two-stroke motorcycle engine, good for 18 horsepower. Patterson is over six feet tall, and when I asked him to get behind the wheel for a photo, he said sure, and then took about a minute to complete the manoeuvre. "You don't jump in and out of this thing on whim," said Patterson, "it's a commitment." A commitment to having a bit of fun, I thought later, when he took off for the day, in a cloud of twostroke smoke and a cacophony of mechanical noises.





(((SiriusXMi))

Caravan Kips model years 1988-2012 for all large pickups sold and available in Canada over the buty/Super Duty≈ pickups. ⇒Heavy Duty/Super Duty vehicles include: 2500/3500 factors. Ask your dealer for complete ≠Based on Automotive News classification and 2013 Ram 1500 3.6 L V6 4x2 and 8-speed transmission ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. Prockup segment compared to all competitive large pickups on the road since 1988. Longevity based on R. L. Polk Canada, Inc. Canadian Vehicles in Operation data as of July 1, psegmentation and competitive information available at time of printing. ±Best-selling based on R. L. Polk Canada, Inc. 2012 CY new vehicle registrations for retail sales of large later and competitive information available at time of printing. ±Best-selling based on R. L. Polk Canada, Inc. 2012 CY new vehicle registrations for retail sales of large later and competitive informative Mews full-size pickup is the Trucks, F250/F350 and F450 series for Ford Trucks. The Polk Canada is the Polk Canada in the Polk Canada is the Polk Canada is the Polk Canada in the Polk Canada is Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. 2500 and 3500 Series for GMC and Chevrolet nerGuide information. ast 25 years. Base series Ram Trucks.



metronews.ca
Wednesday, September 18, 2013

The Volt's colourful getaway

Autoknow. It might be electric but it's a real car on real roads

GARRY SOWERBY

There's an interesting irony when it comes to things that are "high tech." It's that they're only high tech for a brief time. Soon, they become run-of-the mill, or are surpassed as the competion attempts the dreaded "leap frog" that turns the latest and greatest into yesterday's news.

In this respect, Chevrolet's biggest gamble wasn't building the Volt electric car, it was the potential of being dramatically upstaged. Since the Volt came to market for the 2011 model year, that hasn't happened, but there are all sorts of plug-in hybrids coming on stream that mesh varying forms of gas and electric power in an attempt to nab buyers who have either become entirely fed up with gas prices, or those who want to make a smaller dent in the environment when it comes to emissions.

A recent \$5,100 price cut

Versus the Leaf

"Fact is the Volt's main competitor, the Leaf, would never be able to take a 720-kilometre two-day road trip because it would require about three full days of charging using a household wall plug to cover the distance. It's more of a city car."

in Canada to about \$38,500 (including destination charges) reflects the competitive nature of this segment and recognizes that efficient non-electric vehicles are entering the market for substantially less money. With some provincial tax credits knocking as much as \$8,000 more off the price, the Volt is more tempting. But how does it work? And how does it work in real driving situations?

To find out, I treated my wife, Lisa Calvi, to an early-fall road trip in New England, where back roads and small towns are alive with crisp mornings and the onset of splendid fall foliage.

The meandering route would run about 720 kilometres from Burlington, Vt., to Bar Harbor, Me. There were a few kilometres of Interstate, but the Volt would spend most of its time on secondary roads.

The basis of the car's mobility is a 149-horse electric motor. The large T-shaped battery below the floor provides enough juice to get the stylish four-passenger sedan about 40 real-world kilometres, maximum, at which point an onboard 1.4-litre gasoline engine fires up to generate the electricity to extend the range another 400 kilometres or so. Now, I don't really know about the term "range extending" since most vehicles can outdo this Chevy for overall distance on a tank of gas, but in the context of other electric cars on the market with limited range, such as the Nissan Leaf, I guess the term "range extending"

Although the gas engine adds significant weight and cost to the car, this is somewhat offset by the elimination of that nasty side effect typical of electric vehicles: range anxiety. No pesky feelings in the



The Volt is the only electric on the market in its price range that will cover 720 kilometres in two days. And there's no "range anxiety" Just gas up if you can't find a wall plug.



pit of your stomach that you are running out of propulsion and the only way to get it back is to find a place to plug in and wait hours until the battery is recharged.

Fact is the Volt's main competitor, the Leaf, would never be able to take a 720-kilometre

two-day road trip because it would require about three full days of charging using a household wall plug to cover the distance. It's more of a city car.

Lisa and I fly into Burlington, Vt., and pick up the Crystal Red Volt. It's fully charged and we drive to Topnotch Resort in Stowe, Vt., on electric power. It's peppy, quiet, comfortable and handles surprisingly well on the back roads.

That night, after plugging into a 110-volt outlet in the parking lot, we discuss our options over dinner. We have never driven to the top of New Hampshire's Mount Washington, although I've seen those "This car climbed Mount Washington" bumper stickers for decades. It's the highest peak in the U.S. northeast at about 2,000 metres in elevation.

The next morning we pass on the many activities available at the cozy Topnotch Resort. So much for the horseback riding, hikes, the corn maze or getting pampered at the resort's full service spa.

We're off, and half way to



our overnight destination I realize the Volt's gas-powered generator has taken over and I didn't even notice. Turn down the prerequisite road-trip companion XM Radio and I can hear — and feel — the engine buzz up at times. It revs according to power demand, sometimes fast and sometimes slowly.

We eventually make our way to Whitefield to check into the Mountain View Grand Resort and Spa, just northwest of Mount Washington. This spectacularly massive hotel built in 1865 is just the kind of place to check into on a road trip. Powered by wind, the grand hotel was revived a dozen years ago after sitting vacant for 16 years. And there's an axe-throwing field in the front yard, which we try out. Lisa appears to have an untapped talent, so I'm on my guard the rest of the night.

The next day, we need to drive about 400 kilometres to get to Bar Harbor on the Atlantic Ocean. Who cares if we can only get half way up Mount

Pleasant surprise

"Despite all the kilometres I've driven in my life setting around-the-world records, the Volt has taught this old road warrior a few new tricks.

Washington because of freezing rain and icy roads. Despite all the kilometres I've driven in my life setting around-theworld records, the Volt has taught this old road warrior a few new tricks.

Chevy's answer to the Little Black Dress of vehicles, the Volt, makes it possible to be environmentally conscious, cut down on fossil-fuel consumption and not need a second car for extended range when the call of the open road needs answering. It really is a real car.



metronews.ca Wednesday, September 18, 2013 **DRIVE**

The new Mirage won't excite but it will perform

Test Drive. The 2013/14 Mitsubishi Mirage

Mitsubishi claims to have taken a fresh approach with its latest all-new Mirage city car.

The Mirage supermini is replacing the Colt model in Europe and the Japanese manufacturer has set out to create a no-nonsense, lightweight, efficient — it's the most aerodynamic vehicle in its class — and cheerful little runabout that offers great value for money.

At 845 kg it's very lightweight — the lightest in its segment — and the 1.2 litre three-cylinder engine of our test car ensures excellent fuel economy figures of just 4.1 litres per 100 km with emissions of just 96g/km.

Available with a choice of engines — a very frugal 1.0 litre petrol or a slightly less frugal but more powerful 1.2 litre three-cylinder engine, the 1.0 litre unit outputs 71PS while the 1.2 variant outputs 80PS. Outside it's certainly stylish enough, inside the cabin feels surprisingly roomy and comfortable, if conservative in design terms.

The clever three-bar 'Eco Drive Assist' readout in the display in front of you shows you how economically you are driving. It becomes quite addictive ensuring you get as many green lights illuminated as possible. The Mitsubishi Mirage is definitely a city runabout for our cashstrapped, fuel price-spiked times but is it any good to

It's quite a handsome little car if a little generic-looking. The design allows the driver to see the front of the bonnet, for easier manoeuvring in town.

The clean and simple 'Zen-like' design of the interior is certainly practical but the interior plastics are hard and the cabin is dull to look at. It's not at all exciting or interesting.

Performance

There's no doubt about it this is a very easy car to drive though it isn't very exciting. We found the unusual noise of the three-cylinder engine to be quite agreeable at low speeds and happily remote on the motorway.

Overall the car feels like an honest little vehicle and is charming in its own way. It feels quite spacious and the 235 litre boot is really quite generous for a small car like

Worst thing

Around town the ride can be a little crashy and at speed - on the motorway - the Mirage interior becomes quite noisy as a result of too much wind and road noise.

Price: Estimated at around \$13,000 0-100 km/h: 11.7 secs Top speed: 180 km/h Power: 80PS Engine: 1.2 litre, three-cylinder petrol Fuel consumption: 4.1l/100km

CO2 Emissions: 96g/km Stars: 3 out of 5 METRO



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metronews.ca Wednesday, September 18, 2013 metr⊕ **DRIVE**

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Spill saver

Clothing U.S.-mad-WeatherTech products, including floor and cargo mats, exterior deflectors and vehicle covers, offer protection against water, con-



densation, dirt and assorted spills. But did you know that the company also sells a product that protects your furniture from the same damage? This set of drink coasters is made from the same material and patterns used to produce floor mats, only on a much smaller scale. They are heat-resistant and their built-in grooves and channels are designed to hold spills just like regular floor mats, which is something a traditional flat coaster can't do. A set of four floor-mat coasters sells for US \$10 and are available through weathertech.com.

Robo power

Many garages or workspaces have extension cords piled up in knots on the floor. They're a hassle to roll up and use without getting tangled and caught on things. The RoboReel Power Cord System fixes that little problem, for good. The round orange ball, which houses a 50-foot cord (15.4 metres), swivels a full 360 degrees so you can position it anywhere. The receptacle can handle up to three power tools and/or accessories plugged at the same time. A push of the button either on top of the unit or on the end of the cord automatically reels it slowly back into the unit (no whipsaw effect). RoboReel will stop winding if the cord is obstructed and it also won't inadvertently rewind while in use.

RoboReel sells for US \$280, while the ceilingmounted version is \$300. Both can be purchased at roboreel.com.



Car cartoons



For some people, a vehicle is simply a Point-A-to-Point-B appliance devoid of sentimental value. Others are totally passionate about their wheels. If you fall into the latter group, Give A Masterpiece can create an 10-inch by eight-inch (25x20-centimetre) caricature of your car, truck, minivan, or what-have-you (people, too), illustrated from photos you supply. If you wish, you can request a personalized license plate as part of the rendering at extra cost (there's also framing and giftwrapping services). Each "CarToon" is drawn on a choice of paper or canvas with prices starting at US \$65, plus shipping. Learn more about the process at giveamasterpiece.com.

You should 'sea' this

Normally, we're skeptics when it comes to pouring stuff into your gas tank or engine. However Sea Foam Motor Treatment appears to actually do what the manufacturer claims, based on feedback from numerous satisfied users who have posted reviews online. This petroleum-based product works on all gasoline and diesel engines, large and small, and is designed to clean and remove deposits from carburetors/fuel injectors and will also stabilize fuel for up to two years. The manufacturer also claims its use

won't damage seals, gaskets, catalytic converters or oxygen sensors and it can also be added to engine oil. A can of Sea Foam usually sells for about US \$10 and can be bought at most auto parts and department stores. Go to seafoamsales. com for full product



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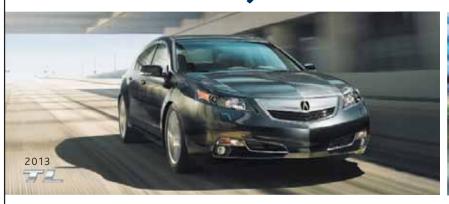
Mercedes aiming to set luxury bar high

Mercedes-Benz revealed a new, sensationally powerful S 63 AMG that delivers 585hp at the Frankfurt Motor Show recently. Hand-built by Mercedes-Benz' AMG engineers, the new model will raise the bar for cars in the high-performance luxury sector with a AMG 5.5-litre V8 bi-turbo engine twinned with an AMG Speedshift MCT seven-speed sports transmission that boasts a 0-100kph speed of 4.4 seconds and a top speed of 250kph. Unsurprisingly it has CO2 emissions of 237g/km and gets just 10l/100km.



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metronews.ca wednesday, September 18, 2013

Avoid bitter taste of buying secondhand 'lemon'

Contradictions. Despite a fear of buying unsound vehicle survey reveals many buyers will ignore necessary consumer protections

Getting stuck with a 'lemon' is the No. 1 fear Ontario car buyers have when purchasing a used vehicle privately. Yet astonishingly, probably in a bid to save money, many are willing to take the risk and forgo all consumer protections.

A recent survey commissioned by OMVIC (Ontario Motor Vehicle Industry Council), Ontario's motor vehicle sales regulator, revealed that 59 per cent of used car purchasers said their biggest fear when buying privately would be to get a

mechanically unsound vehicle that is expensive to repair.

Ironically, 43 per cent said that knowing consumer protection is only available at an Ontario-registered dealership would have no impact on where they buy the next time.

"It seems there's a disconnect between car buyers' emotions and decision-making," observes OMVIC Manager of Communications Terry O'Keefe. "Ontarians fear buying a 'lemon,' and yet many will buy where they have no protection and little recourse in the event of a problem. When you consider the large amounts of money often involved in car purchases, it's puzzling that so many consumers seemingly give so little thought to their legal rights and protections."

Under Ontario law, car buyers are only protected by con-



Make sure you're not the one buying the lemon, BOTH IMAGES TORSTAR NEWS SERVICE

sumer protection legislation when they buy from a registered dealer:

- All-in price advertising with no hidden fees
- Mandatory full disclosure of a vehicle's past use, history and condition
- Cancellation or rescission rights if specified information is not disclosed
- Access to the Motor Vehicle Dealers Compensation Fund.

"When you buy a car privately, you don't have access to any of this consumer protection," O'Keefe continues. "If something goes wrong in a private transaction, or when dealing with a curbsider, you're unfortunately on your own."

Curbsiders are unlicensed dealers who commonly pose as private sellers. Often the vehicles they sell are accidentdamaged, misrepresented or odometer-tampered.

"Consumers really need to learn their rights and when they apply," O'Keefe explains. "At least if you buy from a regis-

Other survey revelation

- 13 per cent. of private purchasers worried about overpaying for a vehicle that is misrepresented as better than it actually is.
- 9 per cent. were concerned about not receiving maintenance records or being allowed to have the vehicle inspected (common curbsider tactics).
- 73 per cent. didn't know Ontario car dealers must be certified in automotive law and ethics and registered with OMVIC.

tered dealer, there are protections available. If you choose to buy privately, educate yourself. Make sure you're entering a safe transaction because if something goes wrong, you're on your own."

Information to help you make better car buying decisions is available at BuyWith-Confidence.ca. NEWS CANADA



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23

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20

You don't have to batter your rivals into submission. The planets warn if you come on too strong they could hold a grudge that one day comes back at you. What goes around comes around.

Taurus April 21 - May 21

If a friend wants you to make a commitment today, don't refuse out of hand. With Venus, your ruler, linked to Saturn, it is in fact a good time to dedicate yourself to a cause.

II Gemini May 22 - June 21

It may feel as if your hopes and wishes have been thrown into reverse but that is not the case: You are still on track to realize your dream. Focus on something mundane today you will find that it helps.

9 Cancer

June 22 - July 23

You may have to play along with someone and make them believe that you are still on their side but tomorrow's full moon will make clear your deception. A partnership will certainly be put to the test.

$\mathbf{\Omega}$ Leo July 24 - Aug. 23

Try not to say anything that causes resentment. Loved ones are liable to be touchy over the next 24 hours, so weigh your words carefully and, if in doubt, try saying nothing at all.

W Virgo Aug. 24 - Sept. 23

Be the one who speaks up when others are too scared to make their thoughts known. Don't worry that you might provoke a negative response it's better than no response.

△ Libra

Sept. 24 - Oct. 23

It is pointless arguing with people whose way of looking at life is different to your own. Accept that you'll never see eye-to-eye and find friends you find it easier to converse with.

M Scorpio

Oct. 24 - Nov. 22

Venus linked to Saturn in your sign today should remind you that you are rich in the things that matter. Most important among them are relationships and the values you share with those you love.

プ Sagittarius Nov. 23 - Dec. 21

If you withhold information from others, you better have a good reason. The planets warn they won't be happy at being kept in the dark. You may have the right to silence but you don't have to use it.

17 Capricorn

Dec. 22 - Jan. 20

If you are upset about a partnership matter, speak up. The longer you suffer in silence, the harder it will become to tell them what is wrong. Don't worry, they'll understand.

Aquarius Jan. 21 - Feb. 19

If you believe in what you are doing then it is as good as done. However, if there are doubts in your mind, your progress will falter, so make sure your mind is clear.

H Pisces

Feb. 20 - March 20

You may have to postpone something you were looking forward to today but don't get angry about it. A few days from now you will come back to it refreshed and determined to succeed. SALLY BROMPTON

Crossword: Canada Across and Down

43

66

Across

- 1. "General Hospital", and others 6. Rugged cliff
- 10. 'B' of BFF 14. Ms. Sevigny
- 15. Swanky transport
- 16. Ornamental purse 17. World org. based
- in NYC: 2 wds. 18. Worldwide, wee-lv
- 19. Land measure 20. British Columbia's capital
- 22. Be uncertain
- 24. U2's li'l land 25. Ms. Flynn Boyle's
- 27. Medical building
- 30. Montreal street; or, surname of
- Canadian actor Conrad Bain's role on
- "Diff'Rent Strokes" 34. Thesaurus com-
- piler, Peter Mark (b.1779 - d.1869)
- 35. Not-against votes 36. Quito is its cap.
- 37. WWII operation,
- Jima 38. Friend ...en francais
- 40. Sneeze starters...
- 42. Skirt part 43. Prefix to 'morph-
- osis' 45. "_
- Rider" (1969) 47. Sculpt wood 49. "Income ___" (Canadian series about
- creating a home rental unit) 51. Menu option

under 'File': 2 wds. 52. Katy Perry's forthcoming album 53. Alien's craft, com-

- monly 54. Tale of myth
- 57. Winnipeg-born anchor on CNN,
- 63. It's pumped at

BT BREAKFAST TELEVISION

- Ashleigh 62. Gumbo ingredient

Down

18

39

67

65. More curious

67. Old, to Robert

68. Resulted in: 2

70. "The Untouch-

ables" role, Eliot

69. Increases

30

1. Canuck comedy sketch show

_, __." (I-didn'tknow-you-were-here type of greeting)

53

68

- 3. Sir Guinness 4. Quebec dish
- 5. Spanish 'Miss'
- 6. Nero's 152 7. CTV News anchor,

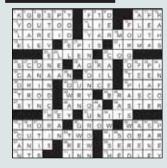
Sandie

8. Li'l quantity 9. Yukon event, Klondike __: 2 wds.

- 10. "Duh...": 2 wds. 11. Carve into stone
- 12. "You betcha!"
- 13. Level
- 21. Tape a li'l TV show
- 23. will.
- 26. Wide assortment

0 0

- 27. Make hair wavy 28. Decrease 29. " tremes" by Billy Joel
- 31. Earthy pigment 32. York (New York, in Spanish)
- 33. Equivalent titles to 'Sirs' for women
- 35. Cars of Italy
- 39. Tragically Hip's "At the Hundredth
- 41. Michelangelo's support in the Sistine Chapel
- 44. Lost court case recourses
- 46. Icons 48. One who shuns
- 50. 'North' suffix 51. Yellow thing in
- the sky
- 54. Toronto's Casa 55. Just managed, with Out
- 56. Diploma-getter, briefly
- 58. These things: &
- & & 59. Vegetable stand
- selection
- 60. Actor/singer Jared 61. Lose one's grip
- 64. Actress, Sara



s". WEEKDAYS 5:30 AM

How to play

71. Sag

gyms

66. Dish

Burns

wds.

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| 5 | 7 | 4 | 6 | 1 | 9 | 2 | 3 | - 8 |
|---|---|---|---|---|---|---|---|-----|
| ĕ | 3 | 8 | 2 | 4 | 5 | 9 | 1 | 7 |
| 1 | 9 | 2 | 8 | 3 | 7 | 5 | 4 | 6 |
| 7 | 4 | 3 | 1 | 6 | 2 | 8 | 5 | 9 |
| B | 1 | 9 | 7 | 5 | 4 | 6 | 2 | 3 |
| 2 | 6 | 5 | 9 | 8 | 3 | 1 | 7 | 4 |
| 9 | 8 | 7 | 4 | 2 | 1 | 3 | 6 | 5 |
| 4 | 5 | 1 | 3 | 9 | 6 | 7 | 8 | 2 |
| 3 | 2 | 6 | 8 | 7 | 8 | 4 | 5 | 1 |

| | 7 | | | 2 | 3 | _ | 6 | |
|---|---|---|---|---|---|---|---|---|
| 4 | | | | | | | | |
| | | | | 8 | 6 | | 7 | 1 |
| 7 | | 1 | | 9 | | 3 | | |
| | | | 2 | | 5 | | | |
| | | 9 | | 1 | | 4 | | 2 |
| 9 | 6 | | 1 | 5 | | | | |
| | | | | | | | | 5 |
| | 8 | | 6 | 3 | | | 2 | |

TODAY

MAX: 15°

THURSDAY

MAX: 17° MIN: 6°

·<u>*</u>

MAX: 22

FRIDAY



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